

Summit Surgical
1818 E. 23rd Ave
Hutchinson, Ks 67502
620-663-4800 phone

Instructions for Colonoscopy Prep

You will need to purchase:

1 - 8.3 ounce bottle of Miralax, generic name Polyethylene Glycol 3350 (mix one 8.3 ounce bottle of Miralax in 64 ounces of water or clear Gatorade)

6 - Dulcolax (Bisacodyl) Tablets

These may all be purchased over-the-counter at any pharmacy or drugstore.

TO AVOID THESE POSSIBILITY OF CANCELLING YOUR PROCEDURE, MAKE SURE YOU FOLLOW THE BELOW PROCEDURE

NO SOLID FOOD THE DAY BEFORE THE PROCEDURE

Day Before the Procedure

Drink clear liquids only (any liquid you can see through):

- Juices (apple or white grape juice)
- Coffee or Tea (sugar, and sugar substitutes can be used but no milk or creamers)
- Kool-aid/Gatorade (no red or purple)
- Jello (no red or purple)
- Clear soup, broths or bouillion
- Soft drinks (any kind, light or dark)
- Water
- Popsicles or Ices (no red or purple)

3pm

Take **2 Dulcolax** tablets with **8 ounces** of clear liquid

6pm

Start drinking the **Miralax** solution. Drink one **8 ounce** glass of solution every **10-15 minutes** until you have consumed half of the solution (**32 ounces**). Refrigerate the remaining solution.

8pm

Take **2 Dulcolax** tablets with **8 ounces** of clear liquid

Continue to drink clear liquids until midnight. **NO FOOD OR DRINK AFTER MIDNIGHT EXCEPT FOR THE PREP**

THE FINAL PORTION OF THE BOWEL PREP WILL BE COMPLETED STARTING AT MIDNIGHT ON THE DAY OF YOUR PROCEDURE

Midnight: Take **2 Dulcolax** tablets

Drink the remaining **32 ounces** of the **Miralax** solution. Drink one **8 ounce** glass of the Miralax solution every **10-15 minutes**. This should take approximately 1 hour to complete.

DO NOT EAT OR DRINK AFTER YOU HAVE COMPLETED THE FINAL MIRALAX SOLUTION.

Medications may be taken with just enough water to swallow the medication.

MIRALAX WILL INDUCE DIARRHEA. STAY NEAR A BATHROOM.

Remember you will need someone to drive you home after the procedure and someone to stay with you for 24 hours following the procedure

MEDICATION INSTRUCTIONS IN PREPARATION FOR YOUR COLONOSCOPY

HERBAL REMEDIES

STOP 2 WEEKS PRIOR TO THE PROCEDURE

Ginseng, Ephedra, Cayenne, Feverfew, Garlic, Brewer's Yeast, Kava-kava, Ginkgo, Licorice, Echinacea, Goldenseal, Ginger, St. John's Wort, Valerian, Borage Oil, Chamomile, Dong Quai, Primrose Oil, Flaxseed, GBL, BD, GHB, Gossypol, Green Tea, Grapefruit, Hawthorn Extract, Melatonin, Ginko-biloba, Fish Oil, Bilberry, Saw Palmetto

DIET PILLS

STOP 1 WEEKS PRIOR TO THE PROCEDURE

Metabolife, Phentermine

BLOOD THINNERS

STOP 1 WEEKS PRIOR TO THE PROCEDURE

ALL PRESCRIBED BLOOD THINNERS TO BE STOPPED AT THE PRESCRIBING PHYSICIANS REQUEST!

*Blood thinning products might need to be stopped 1 (one) week (7 days) prior to surgery.
Please call the office if this has not been addressed with you during procedure arrangement.*

Aspirin, Ticlid, Aggrenox, Ketoprofen, Mobic (Meloxicam), Motrin, Etodalac, Fenoprofen, Integrilin, Ibuprofen, Prasugrel (Effient), Aleve, Celebrex, Indocin (Indomethacin), Arthrotec (Diclofenac), Advil, Plavix (Clopidogrel), Vitamin E, Brilinta, Toradol, Naproxen, Perstatin

STOP 3 DAYS PRIOR TO PROCEDURE

Eliquis, Xarelto, Pradaxa, Coumadin (3-5 days)

STOP 24 HOURS PRIOR TO THE PROCEDURE

Metformin(Glucofage), Glucovance, Glyburide, Avandamet, Metaglip, Fortamet, Actoplus

STOP DAY OF PROCEDURE

Victoza